

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA 07, City of Dallas WIC Program

Title of OPMG Project:

MOMs In Motion: A Diabetes Prevention Program at WIC

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Project Overview

List target audience and number of participants seen:

- WIC families, parents of WIC children
- WIC eligible public
- WIC staff

List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

- Group classes
- Cooking demos
- Physical activity

Overall goal for this project:

This is a 12-week curriculum which emphasizes the development of self-management skills to achieve the following goals:

- (1) Successfully lose 5-7% of initial weight
- (2) To increase physical activity to at least 150 minutes/week
- (3) To identify foods high in fat so as to restrict dietary fat intake to less than 25-30% of total daily caloric intake.
- (4) Provide a support group environment for participants and their family members to reduce risk of disease and improve overall family health.

Objectives for this project:

To help the target audience of this project to learn that gradual lifestyle changes can be made in order to improve health and to reach weight loss goals. Changes include increasing physical activity and making healthier food choices for the entire family.

Project description:

The Group Lifestyle Balance program, developed by the University Of Pittsburgh Diabetes Prevention Support Center, focuses on reaching and maintaining a healthy balance between eating and physical activity. The entire curriculum can be found at the below link:

<http://www.diabetesprevention.pitt.edu/docs/GroupLifestyleBalanceManualOperations.pdf>

To improve the project, I developed an Orientation Lesson Plan to promote a rolling enrollment. The rolling enrollment allows participants to join the group classes each week. The goal for this type of enrollment is to keep the numbers up in class attendance since there has been evidence of high dropout, particularly in the English-speaking WIC population.

List results and objectives met:

A total of 8 classes were offered at different times and days throughout Project 07 from October 2011 to September 2012 at 6 WIC clinics and at the WIC Administrative office. Classes at the WIC Administrative office were only offered in English and for WIC staff only. Individual classes were offered in English at 2 of the WIC clinics and in Spanish at 4 clinics. One clinic offered the class in Spanish at 2 different times of the day.

A total of 101 participants were enrolled in the 8 classes. This included a total of 41 in the English classes and 60 in the Spanish classes. Overall results showed that 46.3% of those enrolled in the English classes graduated and 46.7% graduated in the Spanish classes. As a whole, 46.5% of those initially enrolled completed the 12-week series of classes with a total of 47 graduates. Results for English class graduates were higher this year due to offering classes in English to WIC staff, which were well attended. However, as in previous years, English classes offered in the WIC clinics continued to have poor enrollment.

Weight loss results of those completing the 12-week series showed a grand total of 342.9 pounds lost and averaging 7.3 pounds per graduate. The highest weight loss was 24.8 pounds which was a 13.4% loss of initial weight. This weight loss was reached by a client attending the classes in Spanish. A total of 11 graduates reached or exceeded the 5-7% weight loss goal.

On average, class attendance was highest during the first 4 weeks. The first 4 sessions provide the core of the materials and are the basis for the remainder of the classes. Therefore, if clients are not able to complete the 12-week series for various reasons, they have obtained an excellent foundation to make healthy lifestyle changes. Common reasons for not completing the class include lack of transportation, change in work schedule and gaining employment.

Upon completion of the classes, post-test results indicated that most clients had increased their intake of fruits and vegetables, had increased physical activity and limited fat intake sometimes.

List curricula, kits or other educational materials used:

- Group Lifestyle Balance curricula from the University of Pittsburgh
- Vinyl hopscotch set for child nutrition education/activity area
- Calorie King book
- Go With the Whole Grain booklet (from Bell Institute - free)
- Bridge to Breakfast booklet (Bell Institute - free)
- Nutrition coloring sheets (Bell Institute - free)

List other resources used, if applicable:

List collaborating agencies or individuals, if applicable:

- University of Pittsburgh - Diabetes Prevention Support Center
- American Red Cross WIC Program, San Diego, CA

List the type of incentives that were given:

- Calorie King calorie/fat counter books
- Frisbees, whiz rings
- Food journals
- Fitness planners
- Hula Hoops 30" deluxe plastic (child size)
- Hula Hoops 36" heavy duty (adult size)
- Jump ropes
- Kitchen scales
- Adult bath scales (as raffle prizes)
- Pedometers
- Shoulder totes
- Lightweight tote bags
- Stress reliever balls
- Walking exercise DVD - Get Your Groove On Mama
- Water bottles
- Waterproof lunch coolers
- Measuring cups
- Cookbook

Helpful ordering information for materials or incentives (if available):

- Healthimpressions.com - catalog
- Flaghouse.com - catalog

Tips for Other Agencies

What worked well for this project?

- Child activity/nutrition education area for staff to provide activity for children during class
- Snack demo/sampling
- Walking, or other physical activity (Zumba, yoga, Pilates) with clients after each session

What were the challenges?

- Enrollment and retention, mostly for English-speaking clients.
- Developing effective marketing strategies.
- Determining what time and what day to offer class in order to best meet the needs of the majority of the clients.
- Overall attendance.

What changes would be made for next time, if any?

- Using large posters in classroom and/or waiting room to promote the classes and show clients that have achieved weight loss results.
- Have one bi-lingual staff dedicated to teaching the classes in multiple clinics on various days and times.